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MONTHLY



INDUSTRIAL NUTRITION SERVICE

For employee publications, and individuals and groups promoting nutrition education

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FOOD NEWS

To protect our health we must eat the right foods daily. One of the best ways to improve our diets is to eat more fruit and vegetables, and to drink more milk. Industrial workers, who set a high value on health and the full, active life which good health brings, know their A-B-C's in food values.

Foods of the month

During October, cabbage, potatoes, and sweetpotatoes are plentiful throughout the Nation. All are among the Basic 7 foods so essential to good health, so eat them when they appear on the plant menu.

Cabbage for vitamin C

If there's anything more delicious than properly cooked, garden-fresh cabbage served piping hot, it's cold, crisp, vitamin-rich cabbage shredded in salads or slaw. Cabbage is rich in vitamin C, so necessary to maintain healthy body tissues and to regulate muscle tone. Vitamin C is likely to be lacking in the industrial worker's diet, so choose cabbage often at the plant cafeteria.

Potatoes are plentiful

The 1945 bumper crop of potatoes--both Irish and sweet--is now rolling to market. There is not as much vitamin C in a serving of either Irish or sweetpotatoes as there is in an orange, but they can, when eaten in generous amounts, provide as much as a third of the daily requirement of vitamin C. Both kinds of potatoes are a fair source of iron which is needed to build red blood cells. Moreover, sweetpotatoes provide a very rich source of vitamin A, needed to maintain normal vision at night, for normal growth, and for normal resistance to infection of the respiratory tract.

Coming -- more poultry

It's good news that poultry is more plentiful now for civilians. Chicken pies and other favorite chicken dishes will soon be appearing on the plant cafeteria menu.

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What's more, there's chicken again for Sunday dinner at home. Stuff it and roast it brown, or fricassee it and serve it with noodles or rice. For good recipes and for the best methods of preparing and carving poultry, write to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C., for Poultry Cooking, Farmers' Bulletin No. 1888.

Drink Milk -- and more milk

Milk is an important food because it is a relatively economical source of protein and is rich in two essential nutrients--calcium and vitamin B₂ (riboflavin). Milk also contains protein, phosphorus, and vitamins A and B₁. Industrial workers should drink at least one pint a day.

Vitamin B₂ (riboflavin) not only affects the growth of young persons, but it is necessary to the health and well-being at all ages. Milk in all forms--sweet milk, buttermilk, cheese--is one of the most valuable sources of this vitamin.

Health Hints

Do you get that let-down feeling before your shift is over? Do you feel tired and irritable before the day ends. If so, try drinking milk during your rest period.

Studies show that between-meal snacks noticeably lessen irritability and fatigue, and increase cheerfulness. A between-meal glass of milk is an important contribution to the daily diet of the industrial worker. It is just that much more food for health. Good foods to accompany milk are whole-wheat or graham crackers, peanut butter and oatmeal cookies, and sandwiches. Fresh fruits and citrus fruit juices and tomato juice are also nutritious between-meal snacks. The industrial worker who sets a high value on good health will make sure that his between-meal snack adds needed nourishment to his daily diet.

Take-home ideas

Speaking of milk, if you have bottles delivered at home, you should take necessary precautions to keep the milk out of the light, if it cannot be taken indoors promptly. Scientific experiments have shown that light destroys the vitamin B₂ (riboflavin) in milk. Provide a closed box for your milkman to set the bottles in, if your milk cannot be taken in-doors when delivered.

And speaking of cabbage, now is the time to make sauerkraut! It's best when made with the tender, garden-fresh, vitamin-rich cabbage now on the market.

About potatoes--if you have a cool, well-ventilated storage space, you might want to buy a 100-pound sack of potatoes.

Remember that they're more nutritious when cooked in their jackets. Skins seal in the nutrients. What's more, that part right next to the skin is richer in minerals and vitamins. It's often wasted through peeling. Be sure to wash potatoes well before cooking them in their jackets because some in the family will like to eat skin and all.

In-plant feeding here and there

The Union Pacific Railroad provides a "rolling restaurant" for the construction crews who maintain the railroad's track and roadbed. A car fitted with a dining room, kitchen, and storage space for food is provided crews which are constantly on the move. Wholesome food is provided at regular mealtime intervals, even though the crews may be working many miles from a city or town. There are a thousand of these cars in operation today.